

Julie's

TASTE

SHRIMP, AVOCADO, AND MANGO SALAD WITH COCONUT LIME DRESSING RECIPE

Serves 2 people

Prep Time: 20 minutes

INGREDIENTS (FOR DRESSING)

- 1/2 cup coconut milk, from a can, not lite coconut milk
- 2 limes, juiced
- 1 tablespoon rice vinegar (or apple cider vinegar)
- 2 tablespoons honey
- 1 clove of garlic, minced finely
- 1/4 cup olive oil
- cayenne pepper, dash
- pinch of salt

PREPARATION (FOR DRESSING)

1. Open your can of coconut milk. It will be solid on the top and liquid on the bottom, so you will have to scoop the contents into a medium bowl and either mix it up with a whisk or put it in your nutri bullet to combine.
2. Once combined, measure out 1/2 cup of the creamy coconut milk and pour in a medium sized bowl.
3. Juice your 2 limes. Measure 2 tablespoons lime juice and add to the coconut milk mixture. Save the remaining lime juice for your shrimp.

4. Add your rice vinegar, honey, garlic, cayenne pepper, and salt to the coconut milk mixture. Whisk to combine.
5. Slowly whisk in olive oil. (Dressing will not be super thick, if you prefer a thicker dressing you can discard some of the coconut liquid in the bottom of the can to make the milk thicker.)

I N G R E D I E N T S (F O R S A L A D)

- 10 medium to large shrimp, cleaned and sliced in half lengthwise
- 1 tablespoon olive oil
- dash of Cajun seasoning, or salt and pepper
- splash of remaining lime juice
- 1/3 cup cilantro, chopped finely
- 2 stalks of celery, sliced
- 1/2 of a medium cucumber or 1/3 of a hothouse seedless cucumber (my favorite) sliced
- 1 mango, chopped
- 1/2 of a jicama, sliced into matchsticks
- 1 avocado, chopped
- 1/2 of a head of romaine, roughly chopped
- 1 box of spring mix, or arugula, or spinach

P R E P A R A T I O N (F O R S A L A D)

1. Cut your shrimp in half lengthwise, remove the poop and the veins, wash the shrimp, and lay them on paper towels to dry them off.
2. Put shrimp in medium bowl, add 1 tablespoon olive oil and sprinkle on the Cajun seasoning. Toss to combine.
3. Put a small sauté pan on medium high heat. Add shrimp, add a splash of remaining lime juice and cook about 1 to 2 minutes till opaque and starting to curl. Put the cooked shrimp in a bowl to prevent overcooking.

4. Sprinkle in half of the chopped cilantro into the shrimp mixture and toss to coat all the shrimp. Place shrimp in refrigerator to cool off while prepping your remaining ingredients.
5. Cut up your celery, do not cut down the length of the celery, just slice finely crosswise down the stalk.
6. Cut your cucumber in half lengthwise and then finely slice the 2 halves.
7. Peel your mango, then turn the mango on its side and slice each side down from the middle seed. The seed is the entire length and width of the mango but not the depth. Refer to photo above.
8. Peel and slice your jicama into matchsticks. Its easiest to cut the round jicama into a square, then you can create matchsticks. Yes, there is waste, but the uniformity of the matchsticks is much more appealing when cutting from the squared off jicama!
9. Cut you avocado in half, remove the seed. Then score the avocado in the skin. Scoop out the avocado cubes with a spoon.
10. Roughly chop your romaine, and tear your spring mix into smaller pieces, arrange in 2 bowls or plates.
11. Combine all other ingredients on top, however beautifully you choose to. Sprinkle with remaining cilantro.